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BHRUGU ARANYA, 2009

Perform Agnihotra



Heal The Atmosphere

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Cover: Two homes at Bhrugu Aranya

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A Remembrance

Ed.

May 17th marks the birthday of PARAMA SADGURU SHREE GAJANAN MAHARAJ (1918-1987) of Akalkot, India, who resuscitated the ancient knowledge of Agnihotra and the Fivefold Path for modern times.

From *I Wish I Had Known*, by Fran Rosen-Sawyer (now Parvati Rosen-Bizberg):

Shree is KALKI AVATAR. The word AVATAR means the descent of Divine Power on earth to fulfill an allotted task from Almighty Father. KALKA means pollution; hence, KALKI AVATAR means Divine Messenger for the destruction of pollution...

SADGURU means PERFECT MASTER. PARAMA SADGURU means highest among the PERFECT MASTERS. Shree's lineage reflects a glorious spiritual heritage. His mother Sonamata was a great YOGINI. (YOGINI is the feminine term for YOGI.) Shree's father Shivananda Swami was a renowned NADA BRAHMA YOGI...Shree's grandfather Tatyaji Maharaj was a saint who possessed great intuitive knowledge of medicine and astrology..

On Christmas day, December 25th, 1941 Shree's allotted task was revealed by the Will of Almighty Father...Shree was further informed that the time for unfolding was yet to be... In 1944 Shree vowed, "I will resuscitate the Vedas."

Parama Sadguru once said:

"Whatever Almighty has willed to be done through our instrument shall be done. Our whole life is totally dedicated to Him. He who revealed to us our allotted task shall grant us the necessary strength to fulfill it.

"It is not for us to advise people to follow any particular individual.

"If it is the will of the Almighty to convey to the world any message through us He will do so. We are merely his slaves.

"We are not votaries of any religious denomination. Whether it is the Bible or the Koran or the doctrines of Hindus we will convey the message with equal yearning.

"We have asked people not to call us GURU. Many have imposed Guruhood on us. Many have experienced superhuman powers with us. Many have witnessed miracles. We are mere witness of, not the doers of these things.

"We surrendered totally to the Almighty and He started utilizing our body as His instrument. Each one has to tread his path of Self-realization."

Ahimsa (Nonviolence)

*from Ten Commandments of Parama Sadguru
Commentary by Vasant Paranjpe*

Purport: Violence to the innocent is a terrible sin.

Commentary:

One is apt to remark that no decent individual indulges in violence to the innocent. However, violence to the innocent has a much wider connotation than it might apparently warrant. AHIMSA (nonviolence) is much more comprehensive than what it is considered to be in common parlance. We have to observe Ahimsa in thought, word and deed. Refusal to inflict willful injury or pain on any living being is Ahimsa.

Before any Yogic discipline can seriously begin, the science of Yoga ordains Ahimsa in thought, word and deed. If the mind is full of hatred it will manifest in acts of violence. Hence, control over passions is a necessary prerequisite for a happy life. Violence in thought precedes violence in action and therefore has to be avoided. Yoga deals with inhibiting the outgoing tendencies of the mind and is thus concerned with reducing or eliminating all factors that lead to the disturbance of the mind. The load of anxiety and tension has to be eliminated. Unless the tendency towards disturbance is reduced no true spiritual practice can begin. When we attempt to tackle the cruder aspects of these mental attitudes, the subtler aspects begin to dawn on us. We then have to direct our

efforts towards eliminating the subtler aspects.

There is underlying unity of life and the practice of AHIMSA establishes us in an attitude of love towards all. We first cognize the unity of life and then pattern our behaviour accordingly. AHIMSA means "Love thy neighbour as thyself." AHIMSA is termed total virtue in ancient wisdom. The meaning is stretched further to include, "One who neglects to help others in any situation is committing injury." AHIMSA is the removal of desire to injure or to inflict pain by thought, word or deed.

People resort to violence because they believe that violent methods bring quick results. This is an expression of disharmony between mind and intellect. Violence brings in its train many calamities which the clouded intellect has never thought of. If we reduce the urge to seek happiness through the gratification of more and more desires the tendency towards violence will be curbed. In ancient times this was practiced on an individual scale. In the space age this will have to be practiced on a mass scale if we wish to survive.

Buddha laid stress on AHIMSA as the virtue of all virtues. The first of his ten precepts (KUSALAS) states, "You shall kill no creature. You shall have regard for all life."

Mahavira, the great contemporary of Buddha, made the tenet of AHIMSA the focal point of his teachings. His teachings which are presently known as Jainism prescribe a moral code called ANUVRATAS. AHIMSA is the focal point around which all the conduct of a Jain is woven. AHIMSA means not to injure any creature by thought, word or deed, directly or through an agent.

Advance in physical sciences has simultaneously landed us in the midst of nuclear armory. It has the potential to destroy human existence from the planet. In the age of mass production fear has assumed mass proportions. Hence, a little love and a little hate will no longer work. It will have to be total love. Violent methods to bring about peace belong to an age which is past. AHIMSA is no more a mere slogan to be hurled out during spiritual discourses. It is the poignant need of the time.

Practice of AHIMSA in thought, word and deed destroys the seeds of jealousy. A little observation will show us that people who have risen high in worldly scales are steeped in jealousy. They are as far away from the "Kingdom of Heaven within you" as are others who are not so successful in worldly affairs.

St. Francis of Assisi was asked, "How shall I

love my neighbour?" He replied three times, "Love thy neighbour." Once we make a beginning to inculcate this virtue our intellect is purified. Our power of discernment between right and wrong gets sharpened. This strengthens our effort to do the right thing under any circumstances. People who have not attempted to practice this virtue in life sometimes indulge in imaginary dialectic about hypothetical cases when this virtue cannot be practiced. Sharpened power of discernment will guide us on all occasions.

"When one is truly established in nonviolence, hostility disappears in his presence."
-Patanjali Yoga Sutras II-35

AHIMSA is not mere harmlessness. It is dynamic love. With sufficient practice it automatically puts us into the state of "Love thy neighbour as thyself." A person steeped in this virtue is compassion and mercy personified. He emanates holy vibrations which catch up with others. He becomes attuned to all life. He spreads and instills love in others. Those who come near him drop their fangs of venom and become enamoured within his aura. Any person who approaches him with evil intent is calmed down and becomes harmless. This brief rendezvous leaves an indelible mark on the visitor and he is uplifted. Love is a force which binds all life and when one is imbued with love his conscious-

From Orion Transmissions

*received by Parvati Rosen-Bizberg
Wysoka, Poland*

ness becomes attuned to all life. By practice of AHIMSA one can delve deep into the mystery of life and bliss reigns supreme. These achievements are not mere baby talk. They have been experienced by all Yogis in all parts of the world. Even a beast of prey sheds its ferocity when it comes into the orbit of holy vibrations that are concomitant to this state. One may ask, "Is such practice of AHIMSA within the reach of each aspirant to the Kingdom of Heaven?" This is beside the point. That this potency could be impinged on the atmosphere is demonstrable. This is 'Peace which passeth understanding'.

"But I say unto you love your enemies ... and pray for them which despitefully use you and persecute you."--Matthew 5:44

If you ignore the above command, you simply pass the initiative into someone else's hands.

March 22, 2009

On Substance Use and Abuse

Yes, yes. Our standpoint on drugs is firm. Though many of you quite otherwise aware beings are careful to remain alert and aware, there are inherent pitfalls in the intake of marijuana, as there are in any mind-altering substance. The vulnerability is heightened and clarity is seemingly sharpened, but there are increased sensitivities which develop which are opening you up to subtle realms which may not all be positive.

That is to say that dark energies can seep in when the aura of the being who is using even seemingly an innocuous substance such as marijuana is opened. Best to remain sober at all times, especially now as the planet veers more in the direction of intensified shifts and swift movement toward Light.

You see, when one is inebriated, even lightly, the energies which surround that being are affected. Difficult to explain properly, as there is sensitivity to the explanation itself and a bias toward the use of such substances. They themselves are not bad, actually, and marijuana is one of the natural substances. The effects though may be so heightened by the atmosphere surrounding your planet that it is not recommended to use such substances now at all, unless it is sheerly for medical use.

Now, we shall add a word of caution to those who have chosen the route of substance use for altering consciousness. Ah, now is the time when that is no longer necessary and ill-advised. The frequencies and vibrations on this planet Earth have risen, and use of such substances at this time is not only risky. There are entities on this planet who are neither of the Light nor the darkness. They exist to create mischief and wreak havoc. They feed on humans who have weakened their natural state of awareness through artificial or even natural hallucinogenic substances. They find an opening in the human aura and create confusion. All the energy fields of human beings, individual and collective, need to be clean and clear to receive the Light which will be needed to move with the shifts into the next dimension. Okay, enough said. OM.

On Gratitude and Reducing One's Expectations

Yes, yes. GRATITUDE, the stuff good hearts are made of, dear ones. When one encompasses all, one's life changes from one's own needs, desires, longings, responsibilities, goals and dreams to all of humanity's. One's heart actually experiences an opening, a thrust into a newly chartered territory called the UNIVERSE!

There, all of a sudden, one feels not alone. In the normal state of existence, all human beings experience varying states of separation from each other, from themselves, from the force called God or Divine. Those varying states of aloneness begin to lift, and one finds oneself a part of the greater whole. One feels with deepening compassion the plights of others. One begins to expand one's own awareness, not only with the intellect but with the heart. This is true spiritual growth. It cannot be so easily explained and no amount of analysis can come close to the intensity or ecstatic reality of the greater Love.

When in the Presence of a Being who has realized this state, one is humbled, one is in awe. However, that state of 'I and my Father are One' is no longer reserved for saints and great sages, seers and spiritual wise ones. It is available to all who wish and work to achieve it.

Be not attached to the expectation of how you will feel and what others will think of you once you reach this higher state. Do beware of expectations as to the timing of such an evolutionary stage. Let it be Divine Will which decides when and how. Indeed, your work is to unfold the layers of the majestic flowers

Healing with Homa Therapy



**Ms. Martha Lucia
Bulla**
**Tenjo, Colombia,
South America**
Problem: Leg pain

I am 41 years old. My leg hurt a lot for about 4 months.

Then I went to the Homa Therapy at the Botanic Garden in Bogota. After that we started Agnihotra here at the factory in Tenjo. I got the Agnihotra ash cream and I applied it in the mornings and evenings. I felt so much relief, so much that I could not believe it. I have no more pain.



Ms. Yolanda Ailupú Yarrido
Jr. Tumbes # 927
Piura, Peru
Problems:
Nervousness, Headache, Insomnia

Before, I was very nervous. I had headaches and I could not sleep. Now, with the daily practice of the Agnihotra healing fire with my children, we all feel very much better.

which you are, all of you, and begin the walk with Grace.

Have less expectations of each other as well. Support each other and realize all of you are at varying stages in your development. In your impatience to arrive at your projected goals, you may have to experience the lesser awareness of others. Be as patient with them as the Higher Ones are patient with you. The greatest Masters do not judge their followers, nor does their walk depend upon a following. They simply walk their path and inspire others to do the same. Hand in hand, step by step. One and one and one.

Come to an Agnihotra Farm in Massachusetts, USA

Here in rural, western Massachusetts, about two and a half hours from Boston, we live on 6.4 acres of land that has a large vegetable, flower, and herb garden. For the past few years here I have been doing Agnihotra and other healing fires while caring for the land, growing vegetables and some fruits using Homa fires. I would love to have other Agnihotra practitioners come to the farm so we can share our knowledge and our joy, work to develop the farm, sing and chant, and do more of the healing fires.

Also, if anyone is passing through on a long trip you are most welcome to stay overnight here in Homa atmosphere. Currently there are extra sleeping accommodations in the house for two people, possibly three. I look forward to visitors. Here is my contact information:

Ginny Ansbergs
133 East Main Street
Plainfield, MA 01070
(413) 634-8076 ginny-rose@att.net



Ginny and Naomi Ansbergs with sunflower



Ginny and Imants Ansbergs

More Than Organic Farming

by *Tamahine Alemdar*
Turkey

Homa Therapy: Ancient, scientific methods to heal our environment, purify the atmosphere, body and mind.

In recent years, the awareness of the importance of one's personal health has increased. Healthy eating and regular yoga classes have become the normal aids for staying balanced and vibrant in an increasingly toxic world. Efforts towards environmentally-friendly practices such as recycling, using natural soaps and biodegradable washing products are of great importance to our conscious selves. However, how can we undo the damage that centuries of ignorance and greed have done to our once abundant and beautiful planet? One eco-farming community in Poland is venturing on such practices. As well as making every effort to live organically and become fully self-sustainable, they practice ancient healing rituals originating in the Vedas, to cleanse and heal our damaged ecosystem.

At the Bhṛugu Aranya community the day starts early with a sunrise purification fire called Agnihotra. Agnihotra is the basic form of Homa Therapy, which is a science of purification of the atmosphere through the agency of fire. Agnihotra Homa is tuned to the biorhythms of sunrise/sunset giving nutrients to the plant kingdom, removing diseases and relieving tension from the mind. Every household makes a small fire from

dried cow dung and ghee (clarified unsalted butter) in a specifically designed, inverted copper pyramid. Scientifically calculated times, available these days from the Internet, give the exact times of sunrise and sunset. At sunrise, a simple Sanskrit Mantra is intoned and small portions of brown rice mixed with ghee are added into the fire as offerings. It is then customary to meditate silently until the fire has finished burning.

Agnihotra is practiced again at sunset in the same way and the ashes from the fires are collected, as they are known to have excellent healing properties. The Agnihotra ash can be put into drinking water, added to cooking or blended into remedies, often mixed with ghee to make ointments or salves to heal wounds, bruises and other ailments. At Bhṛugu Aranya they are also used for the garden. Once you have the appropriate materials, anyone can practice Agnihotra. It is simple to perform, taking only approximately fifteen minutes.

The Vedas (as in the increasingly popular Ayurveda) are ancient knowledge. Over time, the practice of Agnihotra was largely forgotten, until its resuscitation by the Kalki Avatar, Parama Sadguru Shree Gajanan Maharaj.

His disciple, Shree Vasant Paranjpe, brought Agnihotra and Homa Therapy in all its aspects to the West.

The Vedas give solutions regarding the future of humankind and of the planet--solutions which address the technological revolution which would in turn destroy the planet's resources, our toxic environments, and the severe illnesses of humans today. Agnihotra was given as a tool available to everyday people worldwide to heal our diseased planet. We already know that fire was considered a powerful and sacred element in many ancient civilizations and was often used in purification ceremonies.

Homa Therapy is now becoming popular in India, Australia and South America. In South America, India, Africa, etc. entire banana plantations have been wiped out by Sigatoka Negra disease. Often the farmers, seeing no way out, unable to support their families, have committed suicide. ¹ In such desperate times, farmers are willing to try anything, especially an inexpensive solution affordable and available to them. Those who have practiced Homa Farming have transformed their dying plantations into healthy, productive ones in months. The diseased leaves are falling off the trees and the trees are growing healthy new shoots. In India and South America, Homa farms are fending off the effects of drought and still producing lush vegetables whilst neighboring farms are losing their produce. Homa farms seem immune to the troubles of neighboring farms

that do not use this method. Homa Therapy can be combined with all other organic farming techniques such as bio-dynamics and permaculture.

The Fivefold Path is a set of practices offered by the Vedas as advice for a happy life:

1. Agnihotra: Sunrise and sunset fire purification.
2. Daan: Sharing without the expectation of gratitude or recognition.
3. Tapa : Self-discipline of mind, body and speech.
4. Karma: Performing good action without attachment to the result.
5. Swadhyaya: Self study, inner contemplation.

The Bhruugu Aranya community is made up of seven adults, four children and three cows, plus domestic cats and dogs. The original couple, Parvati and Jarek, moved to the property (approximately four hectares) in 1995 and have been joined by others who have since grown as families. All members of the community are committed to practicing Homa Therapy.

The community has a well-established structure for maintaining commitment to spiritual practice. As well as the Agnihotra fires and the four hours of Yajnya shared daily, optional meditations take place at 10

A.M., 12 noon and 3 P.M., also with a fire and mantra in the garden Shala. I experienced that these were also times for connecting with the garden Devas who are invited to help in the garden and offered gratitude for their support and anything else that people feel they want to share.



Every Thursday evening the women meet together for a range of activities such as singing, chanting, healing, dancing, meditating and Mandala drawing. Thursdays are apparently a good day for women's meetings, when sisterhood and the healing power of women is energetically supported by the universe.

In five years of living in Turkey, I have experienced, as with other Westernized societies, the modern Turkish women (the post-village generations) have lost the sisterhood that

they once knew in the village. The modernization of Turkey has neglected the need of women's friendship as an external support to the family unit. Bhruhu Aranya addresses this need.

Every Sunday there is a community meeting beginning with chanting, then discussions on the current community projects and world situations, followed by a meal together. Despite their own personal projects and busy schedules, the community members manage to gather for these special times that keep the community connected and the positive, healing energies flowing.

The community's perspective is a global one. Their work is not limited to the confines of their property or region. They are acutely aware of the world's troubles and disasters. There are projects to cleanse sites through Agnihotra, such as the Chernobyl area that is still highly radioactive.

My family and I spent three weeks at the Bhruhu Aranya community practicing Agnihotra, helping in the garden and with the building of a straw bale house. We are experienced eco-farmers and builders and have seen several eco-communities worldwide. Here I experienced the deep peace of a place that holds regular meditation practices. I saw a garden that shines with a brilliance that I



have not seen before, a garden that flourishes even with difficult vegetables that should simply not grow in that regional climate. On top of that, I experienced a real sense of the 'greater family' resuscitated from a lost time, with the presence of wise elders to whom you can turn for advice, and a conscious effort towards the bonding of women who are otherwise preoccupied with their work and the burden of family responsibilities.

Parvati has written several books and is also a gifted healer. Jarek is an ecological consultant and spends a huge amount of time teaching Homa Therapy worldwide.

Books:

Homa Therapy: Our Last Chance by Vasant V. Paranjpe

Light Towards Divine Path by Vasant V. Paranjpe

Messenger of the Sacred Fire by Parvati Rosen-Bizberg

Orion Transmissions Prophecy by Parvati Rosen-Bizberg

Homa Farming for the New Age by Jarek Bizberg

Homa Therapy, Ancient Science of Healing by Monika Koch

Websites: Homa Therapy:

www.terapiahoma.com.pl - in Polish, some English

www.homatherapy.org - English, Spanish, German

www.homa1.com - English, Spanish, German

Orion Transmissions:

www.oriontransmissions.com

For more information:

Bhrugu Aranya Community and Homa Farming

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¹ Over 250,000 farmers in India have committed suicide in the past six years because of debts incurred by investing heavily in expensive insecticides, pesticides and herbicides. As the harvests decreased and the soil virtually died, they were left with debts to pay and no income. This led to the depression and hopelessness that culminated in this tragedy of suicides.

Homa Organic Farming teachers in India now offer their knowledge free of charge to farmers throughout India.--Ed.



The garden and Yajnya Shala at Bhrugu Aranya

Swadhyaya

The following message was heard in Shree Vasant's voice by Parvati Rosen-Bizberg in meditation.

April 2009

The work on Homa Therapy goes hand in hand with the work to be done on the inner self—Swadhyaya. There is no vacation from Swadhyaya.

Now is a good time to do what they call “Spring cleaning”. Clear out old patterns of thinking, fears or attachments. Break bad habits. Create new inroads in thought, word and deed. All this while doing Homa Therapy work outside.

When you are able, all of you, to be clear and kind in your thoughts, words and actions, people will respect you more and naturally listen to what teachings you are bringing to them.

So, the idea is to become that which you teach. Become full of love.

When you listen more, you hear more what the heart speaks —when you are truly listening. You become aware of the way others move, how they speak, how they feel—even if

they do not speak it in words. This is conscious listening. When you listen in this way, the result is a deepening of compassion. When one has true compassion, judgment goes out of the window. When you have compassion, you experience a Oneness, a sense of Unity with the other person.

You can still be practical. You can still be logical. You can help them to become honest with themselves and others. First, one has to be willing to be absolutely honest with oneself—not in show of “humility”.

HUMILITY IS NEVER A SHOW.

In fact, the truly humble person will not even realize he is humble.

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FIVEFOLD PATH for Happy Living

1. Perform **AGNIHOTRA** for purification of the atmosphere which leads to automatic purification of mind.

2. Practice **DAAN** (sharing of assets in a spirit of humility to reduce attachment to worldly possessions).

3. Practice **TAPA** (becoming better managers of our energy expenditure by training the body and mind to react to all circumstances in life with Total Love).

4. Perform **KARMA** (every action for self purification only and thus no expectations which bind us to the material world).

5. Practice **SWADHYAYA** (Self-study) for liberation. Who am I? Why am I here? My work on this planet is to learn to react with total LOVE with each opportunity given to me.

This is the Fivefold Path for happy living on the planet. By practicing the Fivefold Path you become better members of your society, group, religion, community, etc.